



B.C. Principals' & Vice-Principals' Association

**MEMBER UPDATE**

**ReFresh**

May 19, 2021

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***Variety is the Spice of Life!***

The end of the school year is in sight! However, the end of the work pile may not be as easy to see. Therefore, this week's message offers some short video selections.

Take a 5 to 10 minute break and check out a video that calls to you. You never know — you may learn a small new thing that can make an amazing difference in your overall well-being. Enjoy!

**Nutrition**

1. [This is Why Eating Healthy is Hard](#) (4:26)

This funny video about a time traveller takes a look at what we have learned about nutrition over time.

2. [Which type of milk is best for you?](#) (5:25)

Random? Yes — but it's fascinating to learn the differences between dairy, soya, almond, and oat milk. No politics, no opinion — just interesting facts.

3. [How to Create a Healthy Plate](#) (2:45)

The lessons in this video may be 'routine' for some of us, but it's a quick reminder of how to eat well, and in the right amount. Addressing overeating can often be more of a challenge than just eating well.

## **Mental Well-Being**

1. [Being with all of your experiences](#) (3:21)

This is a short, animated video that teaches us how to go with the flow... or the bounce, as the case may be.

2. [The Five Ways to Wellbeing – boosting mental well-being](#) (6:15)

This well-written narrative covers five tips for boosting your overall well-being.

## **Physical Fitness**

1. [Cardio vs. Strength Training: What you need to know](#) (1:05)

We may exercise, but for many of us strength training is not often a priority in our exercise schedule. Here is a quick video on why it is important.

2. [Benefits of Strength Training](#) (3:42)

This video goes into more detail about the benefits of strength training, if you have a few extra minutes to spare.

3. [23 and ½ hours: What is the single best thing we can do for our health?](#) (9:18)

This is a favourite! Although a little longer than the rest, it helps us understand how just 30 minutes of activity a day can be the best prescription of all!

## **Healthy Lifestyles**

1. [The Choice](#) (3:27)  
This is a quick video on how small choices add up over time.
2. [21 Tiny Habits to Improve Your Life in 2021](#) (13:14)  
This is the longest video on the list, but once you start watching, you'll keep wondering what is next! Even if you divide your viewing into two 6+ minute segments, there will be something that will catch your eye.
3. [Anatomy of a perfect night routine](#) (6:51)  
Although the narrator of this video sounds a little like a mundane C3PO from Star Wars, this really is a great video on how to prepare yourself for a good sleep.
4. [Inner Workings](#) (6:23)  
*If nothing else, watch this one!* A Disney Pixar animated short film that's funny, and reminds us to just 'dive in' and enjoy life!

If you would like to contribute, or have ideas about what you would like to see in the [ReFresh](#) series, we would love to hear from you: contact [rochelle@bcpvpa.bc.ca](mailto:rochelle@bcpvpa.bc.ca).